

# Shiitake Mushroom Barley Soup

9 ingredients · 40 minutes · 6 servings



## Directions

1. Heat half of the water in a large pot over medium-high heat. Cook the onion until just brown, seasoning with half the salt.
2. Add the remaining water, shiitake mushrooms, cabbage and remaining salt. Cook until just soft, or about 5 minutes.
3. Add the thyme, barley and broth. Cover and simmer for 25 minutes or until the barley is cooked. Stir in the dry sherry.
4. Adjust the salt as needed and divide into bowls. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### Serving Size

One serving equals approximately 1 1/2 to 2 cups.

### More Flavor

Brown the veggies with oil instead of water, and/or use chicken broth instead of vegetable broth.

### No Barley

Use brown rice, buckwheat or quinoa instead.

### No Dry Sherry

Use half the amount of apple cider vinegar instead.

## Ingredients

- 1/2 cup Water (divided)
- 1 Yellow Onion (chopped)
- 1 tsp Sea Salt (divided)
- 4 cups Shiitake Mushrooms (sliced)
- 4 cups Green Cabbage (chopped)
- 1 1/2 tps Dried Thyme
- 1/2 cup Pearl Barley
- 6 cups Organic Vegetable Broth
- 1/4 cup Dry Sherry

## Nutrition

Amount per serving

<b>Calories</b>	162	Vitamin C	23mg
<b>Fat</b>	1g	Calcium	52mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	35g	Vitamin D	27IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	9g	Folate	50µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	37mg
Sodium	1132mg	Zinc	2mg
Potassium	331mg	Selenium	30µg
Vitamin A	597IU		